

MWR Fitness 2004

HOURS OF OPERATION

G.J. Denich Gym
Ph: 2193 Fax: 2560
Mon-Sun 5am to 11pm
Holidays 10am to 6pm

Marine Hill Gym
Ph: 2285
Mon-Fri 5am to 10pm
Sat, Sun & Holidays 9am to 9pm

TAE KWON DO CLASSES

Marine Hill Multi-Fitness Center
\$20 Per Month
Children's Classes
Mon, Wed, Fri
6pm - 7pm
Adults
Mon - Fri, 7pm to 8pm
Tue & Thur, 8pm to 9pm

YOGA CLASSES

Beginners Yoga
Tue, Wed, Thur
5:15 to 6:15
Power Yoga
Saturday 5:15 to 6:15

STEP AEROBIC CLASSES

Marine Hill Multi Fitness Center
Mon - Fri
8:30am - 9:30am

Kuaugawa Bushido Classes

Marine Hill Multi-Fitness Center
Tues & Thurs
6pm to 7pm

TAI CARDIO CLASSES

Mon, Wed, Fri
5pm to 6pm

CARDIO KICKBOXING

Tues & Thurs
5pm to 6pm

SPINNING CLASSES

G.J. Denich Gym
Mon, Wed, Fri
6:15am to 7:15am
Tues & Thurs
11:15am to 12:15pm
Mon - Fri
6:30pm to 7:30pm
"Come Join The Pack"

Youth Basketball Season

Begins Feb 7th

Adult Basketball Season

Begins Feb 2nd

Water Aerobics

Begins Mar 6th

FM? About Any Of These Events

Class Location or Times

Please Call The MWR Sports Office at 2193

